How to Start?

Del Alma
Wellness Retreat

1. Diet - Kitchen/Pantry Purge

First things first! Time to eliminate SAD foods that may be lurking in your house. There is no halfway allowed here: a purge is a purge, and even those precious old favorites must go .

Here are the instructions for following a low-carb anti-inflammatory diet

1. **Focus on whole, unprocessed foods:** Choose foods that are as close to their natural state as possible. This means lots of fresh vegetables, fruits (prefer berries this week), nuts, seeds, and healthy fats. Prioritize pasture-raised eggs, non-starchy vegetables, and healthy fats like avocado, olive oil, and coconut oil.
2. **Prioritize wild-caught fish, shellfish:** Include a variety of fish and seafood in your diet, such as salmon, sardines, tuna, white fish. These are great sources of omega-3 fatty acids and other essential nutrients.
3. **Try to choose high-quality**, grass-fed, and organic animal products if you do choose to include them in your diet.
4. **Choose healthy fats:** Include plenty of healthy fats in your diet, such as avocados, nuts, seeds, olive oil, and coconut oil. Avoid highly processed vegetable oils like corn, soybean, and canola oil.
5. **Avoid processed and refined foods:** Processed and refined foods are often high in inflammatory ingredients like sugar, refined carbohydrates, and trans fats. Avoid packaged snacks, sugary drinks, and highly processed foods.
6. **Choose low-glycemic index carbohydrates:** Focus on low-glycemic index carbohydrates like sweet potatoes, quinoa, veggies, berries, and leafy greens. These foods help to regulate blood sugar levels and reduce inflammation.

6.Incorporate anti-inflammatory foods: Include plenty of anti-inflammatory foods like turmeric, ginger, garlic, rosemary, and omega-3 rich foods like wild salmon, sardines, and chia seeds.

7.Avoid gluten and dairy: Many people are sensitive to gluten and dairy, which can cause inflammation in the body. If you are sensitive to these foods, try avoiding them for a period of time to see if your inflammation improves.

8.Hydrate: Drink plenty of water and herbal teas throughout the day to keep your body hydrated and support your body's natural detoxification processes.

9.Limit intake of grains and legumes: For this week, limit your intake of grains and legumes and pay attention to how your body feels. When you finish this reboot challenge, start adding them back in one by one and notice how you feel afterward. If you decide they are good for you, limit grain intake to not more than a 1/2 cup (125 grams) per meal, and legume intake should not exceed 1 cup (75 grams) per day. Here are some grains and legumes that you may eat:

- Grains: Black rice, amaranth, millet, teff, oats.
- Legumes: Lentils, chickpeas, black beans, pinto beans.

Remember, the key to a successful low-carb anti-inflammatory diet is to focus on whole, unprocessed foods, and to listen to your body. Pay attention to how different foods make you feel, and make adjustments to your diet accordingly.

2. *Restock* Preparation

Refer to the What to eat? list as your handy shopping list, and get filling your fridge, freezer, and pantry with your favorite items!

Set yourself up for success by surrounding yourself with the foods to support you.

3. *Exercise* – Moderate Duration Aerobic Workout

Determine “moderate duration” according to your typical workout routine —likely somewhere in the range of 20 to 30 minutes. Maintain a comfortable pace and keep your heart rate in the aerobic training zone, which can be easily calculated by using the formula 180 minus your age. This can be tracked by heart rate monitor, fitness tracker, or a few pulse checks during the session. Take this in mind when we start our workout sessions.

Yoga for mind, body and soul

Yoga is not just a physical practice, it's a way of life that can bring immense benefits to your mind, body, and spirit. By integrating yoga into your daily routine, you can cultivate a deeper sense of self-awareness, inner peace, and overall well-being.
This challenge is designed to help you make yoga a part of your daily lifestyle, even if you're a beginner.

Through this challenge, you'll learn how to incorporate yoga into your life in a sustainable and enjoyable way, by practicing the same flow every day.

Here are some reasons why we will teach the same yoga flow as part of this challenge:

- **Consistency:** Practicing the same yoga flow every day helps establish a consistent routine, which can lead to better results over time.
- **Improvement:** Repeating the same poses and sequences allows you to focus on improving your form, strength, and flexibility in those specific movements.
- **Mindfulness:** When you don't have to worry about learning new poses, you can focus more on your breath, your body, and being present in the moment.
- **Deepening the practice:** Practicing the same flow can help you go deeper into the poses and explore subtle nuances and sensations you may not have noticed before.
- **Meditative benefits:** The repetitive nature of the same yoga flow can help induce a meditative state, bringing a sense of calm and tranquility to the mind.

By practicing the same yoga flow every day, you can experience these benefits and more, and deepen your overall yoga practice.

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4. Lifestyle

MORNING ROUTINE:

1. Wake up at the same time every day.
2. Ground yourself by standing barefoot on the grass or soil for a few minutes.
3. Drink a glass of warm water with freshly squeezed lemon to hydrate and support digestion.
4. Spend some time journaling or practicing mindfulness meditation to clear your mind and set intentions for the day.
5. Express gratitude by writing down a few things you are thankful for.
6. Do our Hiit workout post it on @delalmaretreat
7. Take a cold shower or finish your regular shower with a blast of cold water to invigorate your body and mind.
8. Practice movement breaks
9. Have a nutrient-dense breakfast with protein, healthy fats, and low-glycemic carbs after your workout to fuel your body for the day.

NIGHT ROUTINE:

1. **Unplug**: Turn off all electronics at least 30 minutes before bed to reduce exposure to blue light and promote better sleep.
2. **Relax**: Engage in a relaxing activity, such as reading a book, taking a bath, or practicing our yoga flow, to unwind and de-stress.
3. **Reflect**: Spend a few minutes reflecting on your day and journaling about any thoughts or feelings that came up.
4. **Sleep**: Aim for 7-9 hours of uninterrupted sleep per night. Make sure your sleeping environment is dark, cool, and quiet to promote restful sleep.
5. **Practice** movement breaks
6. **Repeat**: Consistency is key, so try to establish a regular routine and stick to it as much as possible.